



National Nutrient Database for Standard Reference  
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Statistics Report 09113, Grapefruit, raw, pink and red, California and Arizona

Report Date: June 30, 2017 10:18 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	89.31	6	0.330	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Energy	kcal	37	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
Energy	kJ	155	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2014
Protein	g	0.50	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Total lipid (fat)	g	0.10	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Ash	g	0.40	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Carbohydrate, by difference	g	9.69	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/1982
<strong>Minerals</strong>													
Calcium, Ca	mg	11	22	0.437	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Iron, Fe	mg	0.08	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Magnesium, Mg	mg	9	22	0.229	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Phosphorus, P	mg	12	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

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Potassium, K	mg	147	22	2.626	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Sodium, Na	mg	1	9	0.101	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn	mg	0.07	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Copper, Cu	mg	0.032	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Manganese, Mn	mg	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	38.1	22	1.084	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Thiamin	mg	0.034	22	0.001	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Riboflavin	mg	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Niacin	mg	0.191	22	0.008	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Pantothenic acid	mg	0.283	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin B-6	mg	0.042	14	0.004	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folate, total	µg	12	22	0.780	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	12	22	0.780	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Folate, DFE	µg	12	--	--	--	--	--	--	--	--	Calculated or imputed	--	09/2003
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin A, RAE	µg	13	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Vitamin A, IU	IU	259	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
<b>Lipids</b>													
Fatty acids, total saturated	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:0	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total monounsaturated	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
16:1 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:1 undifferentiated	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total polyunsaturated	g	0.024	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:2 undifferentiated	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
18:3 undifferentiated	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
<b>Amino Acids</b>													
Tryptophan <a href="#">1</a> <a href="#">2</a>	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Threonine <a href="#">1</a> <a href="#">2</a>	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Isoleucine <a href="#">1</a> <a href="#">2</a>	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Leucine <a href="#">1</a> <a href="#">2</a>	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Lysine <a href="#">1</a> <a href="#">2</a>	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Methionine <a href="#">1</a> <a href="#">2</a>	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Cystine <a href="#">1</a> <a href="#">2</a>	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Phenylalanine <a href="#">2</a>	g	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tyrosine <a href="#">1</a> <a href="#">2</a>	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Valine <a href="#">1</a> <a href="#">2</a>	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Arginine <a href="#">1</a> <a href="#">2</a>	g	0.056	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Histidine <a href="#">1</a> <a href="#">2</a>	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Alanine <a href="#">1</a> <a href="#">2</a>	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Aspartic acid <a href="#">1</a> <a href="#">2</a>	g	0.089	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Glutamic acid <a href="#">1</a> <a href="#">2</a>	g	0.128	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Glycine <a href="#">1</a> <a href="#">2</a>	g	0.010	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Proline <a href="#">1</a> <a href="#">2</a>	g	0.041	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003
Serine <a href="#">1</a> <a href="#">2</a>	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	09/2003

#### Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5i, 2001 Beltsville MD

<sup>2</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5e, 2001 Beltsville MD